

In-Season Phase 6

Day 1

A Front Squat Grip- Reverse Lunge

Week	Sets	Reps
1	3	8/side
2	4	8/side
3	4	6/side
4	3	6/side

Set 1	Set 2	Set 3	Set 4

B1 TRX Inverted Row

Week	Sets	Reps
1	5	max
2	5	max
3	5	max
4	5	max

Set 1	Set 2	Set 3	Set 4	Set 5

B2 1/2 Kneeling Lift

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C DB at Shoulders Lateral Squat

Week	Sets	Reps
1	3	8/side
2	3	8/side
3	3	8/side
4	3	8/side

Set 1	Set 2	Set 3

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Day 2

A Romainian Deadlift

Week	Sets	Reps
1	5	8
2	5	6
3	5	6
4	5	4

Set 1	Set 2	Set 3	Set 4	Set 5

B1 3-Point DB Row

Week	Sets	Reps
1	5	10/side
2	5	10/side
3	5	8/side
4	5	8/side

Set 1	Set 2	Set 3	Set 4	Set 5

B2 Push-up Reach

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C KB Swing

Week	Sets	Reps
1	3	15
2	4	15
3	5	15
4	5	15

Set 1	Set 2	Set 3	Set 4	Set 5